Healthy Travel Tips

Whether you are traveling internationally or domestically this summer, you should keep the three P's in mind: Be Proactive, Prepared and Protected when it comes to your health and safety. Here are some more tips from the U.S. Centers for Disease Control and Prevention for safe and healthy travel:

Be Proactive

Take steps to anticipate any issues that may arise during your trip by:

- Learning about your destination and any potentially dangerous conditions there before arriving

- Seeing a doctor to ensure you are healthy enough to travel

- Keeping in mind any special health needs you or your family may have, such as a weakened immune system, when deciding on a destination

Be Prepared

No one wants to think about getting sick or hurt during a trip, but it does happen. While you may not be able to prevent illnesses or injuries, you can plan ahead to be better able to deal with them.

- Make sure friends or relatives at home know about your travel plans and have a copy of your itinerary

- Pack smart by including a basic first-aid kit in your luggage

- Review your health insurance and what it does and doesn't cover, especially when travelling abroad

- Make copies of all important travel documents, especially driver's license and passport, in case of loss or theft

Be Protected

It is important to practice healthy and safe behaviors during your trip.

- Use sunscreen and insect repellent

- Be careful about the sources of your food and water

- Limit alcohol intake, and never drink and drive.

- Always wear your seatbelt when traveling by car

- Never leave your luggage unattended in public areas.

- Do not wear conspicuous clothing and expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards

Source: U.S. Department of State, Bureau of Consular Affairs

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